



Arlington Council on Aging

Agenda

Date: Thursday September 23, 2021 Time: 6:00 pm

Location: Due to COVID-19 Pandemic, this meeting will be conducted virtually via Zoom, following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail KShah@town.arlington.ma.us for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

OPEN, Secretary

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order
2. Citizen's Open Forum
3. Minutes of the June 2021 meeting for approval
4. Executive Director's Report
 - a. Welcome Jill Harvey, DEI Director
5. Report of the Chair
6. Minuteman Senior Services Report
7. ASA Liaison Report
8. Old Business
9. New Business
 - a. New Board Member opening posted
 - c. Secretary Opening
10. Other Community Announcements
11. Adjourn - **Next meeting: October 21, 2021**

Executive Director's Report

Kristine Shah

- I. Town of Arlington Staff
 - a. Arlington DEI Director, Jill Harvey, is joining us for our September meeting so give an overview of her position and providing relevant updates and information to the COA Board.
 - b. Department Suggestions and Insights from Ashley Cheetham, COA Social Work Intern
- II. Center Renovation Update
 - a. Timelines
 - b. ACMI Tour
 - c. Capital Campaign Updates
 - a. Matthew's Family Foundation \$10,000 to sponsor Exercise Room
 - b. Capital Campaign Appeal \$30,000
 - c. Furniture Order placed and paid for by Capital Campaign fundraising
- III. Highlights from Summer COA Services and Programs
 - a. Outdoor program options were added to ongoing virtual program options beginning in June and have grown through the summer months. Outdoor programs are taking place in Robbins Gardens, between the Library and Town Hall. Chair Yoga, LGBTQIA+ group and Yarn group were the first groups to meet outdoors. Additional outdoor programs including a weekly gentle yoga class are still being added through the fall months. Summer outdoor special events that occurred included Dancing, Animal Experience, Diabetic Shoe Clinic, and a Senior Charlie Card Registration Event.
 - b. A weekly walking club/BP clinic has also grown over the summer at MacLennan Park.
 - c. September is National Senior Center Month; celebration at McClennen Park on 9/23 Scheduled.
 - d. Support groups, including low vision, caregivers, decluttering and Parkinson's have continued both virtually and outdoors.
 - e. We are partnering with the Retired Mens Club of Arlington to promote their monthly bus trips. This helps fill their busses and allows our participants to enjoy trips if they choose.
 - f. Weekly virtual fitness classes, singing group, Art Therapy, and other various special programs continue.
 - g. Partnerships with Mt. Auburn Hospital's monthly virtual programs continue. Summer month virtual programs have included mental health topics and fall prevention.
 - h. Thanks to a \$7,800 grant from I'm Still Here Foundation, we began offering virtual fitness classes to residents living with dementia and their caregivers. We are partnering with a certified "Ageless Grace" fitness instructor for these classes. We are promoting these classes through local senior living facilities and the Alzheimer's Association.
 - i. Our weekly farm share delivery program, sponsored by Lahey, began again over the summer and will continue through November. 70 older adults receive delivery of local organic fruits and vegetables weekly through this program.
 - j. The GBFB monthly CSFP food program runs out of Drake Village and returned back to in person pick-ups last month. Deliveries are still made to residents to need it.

- k. Applications have been posted and are being received for FY22 Senior Work Off, Harry Barber and Elderly & Disabled Tax Relief.
- l. Our Annual SNAP Audit was completed and the COA continues to be the SNAP application site for all residents of Arlington.
- m. Updated Fuel Assistance forms have been received and appointments for Winter 2022 assistance are beginning to be requested.
- n. 3 new interns started in the COA office: 1 social work intern and 2 nursing interns.

IV. Age Friendly/Dementia Friendly

- a. Our 5 Age Friendly/Dementia Friendly Work Groups are scheduled for September 22 and 23. Town employees, board members, residents and volunteers have all been invited to participate. Once these work groups are completed, the Age Friendly/Dementia Friendly Action plans will be written with the assistance of UMass.

V. Other

- a. Our transportation program is running at full capacity levels. A 5th van driver has been hired who begins training in October and will be on the schedule as of November 1. We are looking to recruit more volunteer medical escort drivers, as that program is in high demand. We are providing free van rides to Arlington EATS market, as they are opened limited days once again.
- b. The new Arlington Seniors Association president, Claire Foley, is in her role and held her first board meeting last week. We are excited to work closely with them to provide quality programming to our seniors.
- c. Flu vaccine clinics began last week in Senior Housing buildings. A senior flu vaccine clinic is planned at Town Hall on September 30 from 10-12 and 5-7.